

# SPIRITUAL NOTES FOR REFLECTION

A GUIDEBOOK

BY LIFE HACKER

2020

## INTRODUCTION...



This is a short book and by no means a traditional novel. Think of it as a guidebook on your life journey. Like a symbol of a different truth, which you can always pick up and get back to. These writings were captured during a strange time in the world, where people were socially isolated to prevent the new Corona virus from spreading in 2020. Thereby, the thoughts have taken shape as a diary form, of a being that was alone and at the brink of realizing the spiritual truth of the world.

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A character called Hacker is introduced to express some personal dilemmas. As we are all human beings, our lives have a connecting thread and we can relate to each other through similar experiences.

I invite you to take on a calm and reflective state. Read the words with an open heart and listen to your inner being. I also hope that these writings can inspire you and give some new interesting perspectives of life. May the words carry you strong throughout your path.



SPONSORED BY THE MIDDLE WAY...



## WHEN WE GET ANNOYED BY SOMETHING...



Is it really that thing that is making you annoyed? Most likely it is you who is making yourself annoyed and using the outside thing as an excuse. There is always a choice inside, to stop being annoyed, whatever the case.

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Hacker was annoyed by the current pandemic, but at a certain moment made a conscious choice to stop being annoyed and focus on a more pleasant meaning: being grateful for a nice meal for dinner.

## LISTEN TO YOUR BODY...



The human body has the capacity to heal itself. There is a lot of knowledge inside our own biology. Just stop putting limited mental conclusions and trust it, see what happens.

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Hacker had a particular pain in the upper back. From all the sitting in front of a screen, slouching and different tensions of the world. Tried to move around, stretch and win against the pain with exercise. But it kept persisting. Finally, decided to sit with the feeling in the back, accept it how it was and feel deep into it. An unconscious jerk of the head to the side... What? But why that? The back felt more at ease.

## PROCESS VS. GOAL...

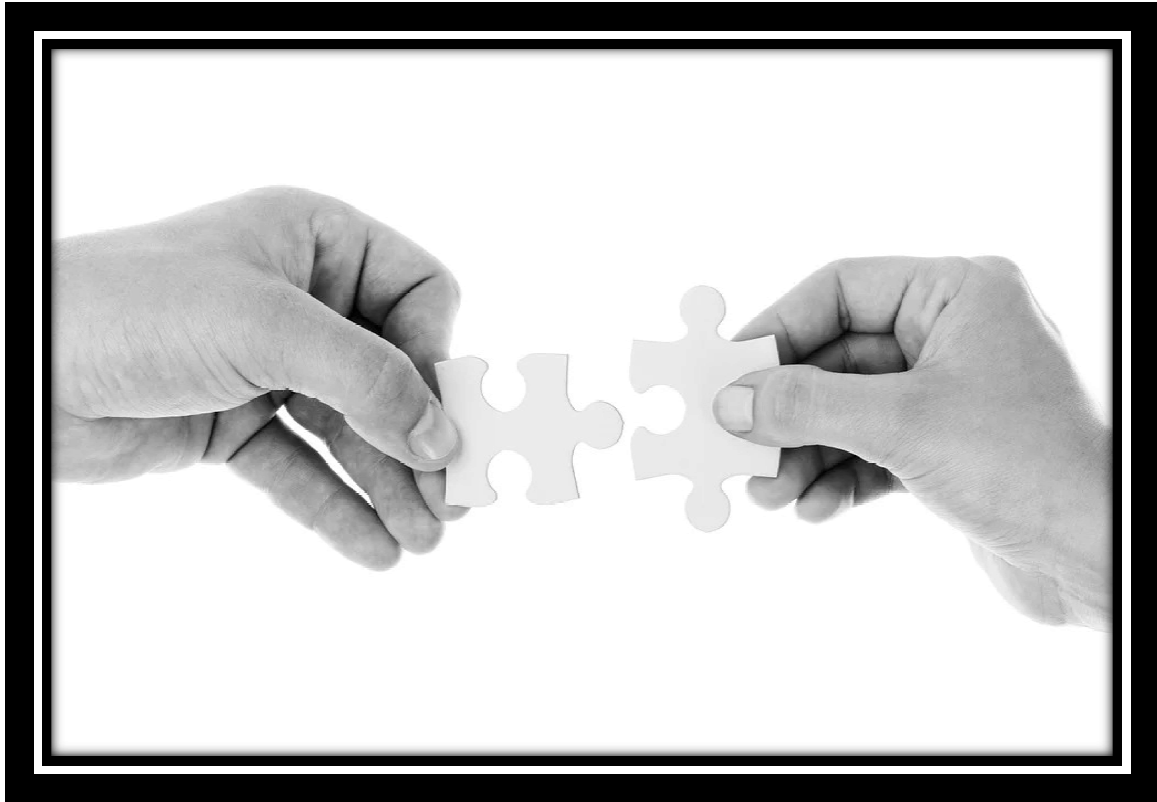


It is very powerful to focus on the process rather than the goal. When you set a goal, you put a limited conclusion of what needs to happen. Furthermore, that usually calls forth a confused and complicated search for a perfect process to get there. When you create a process that is aligned with you and focus on improving it over time, you leave an endless possibility for different goals to come from that.

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Hacker was determined to be profitable from investing. Every year there was a huge effort to research and gather information, to seek professional advice, to find the best working strategy. It ended in sleepless nights and burnout. At some point looked at it as a process of finding inner fears and learning past them. The tables have turned.

## WHEN WE FEEL DISCONNECTED...



When you don't feel like talking to other people because there is nothing new going on, no significant news to share. An interesting conversation is not always about you.

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Hacker was hesitant to pick up the phone while a friend was calling. "I have nothing to say..." In the end decided to listen more of what the other person had to say and they conversed effortlessly for 3 hours.

## THE COSMIC JOKE...

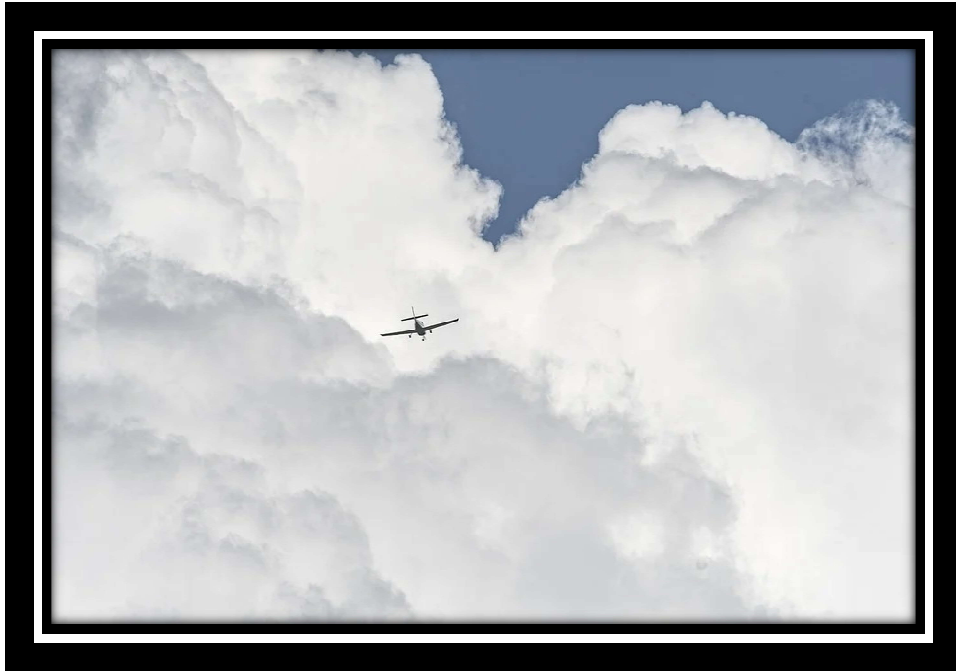


The biggest joke of society is how we put things off and live for the future. How there is no time to laugh now, because we need to be happy tomorrow. Stop chasing for a moment, look inside. You have already arrived. Everything else is just a big bonus.

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Hacker wanted to pull a prank on the father for April Fools'. Realized that today was close to a year they have not seen each other, without a good reason too. Had to laugh... Don't have to do anything. Because what a great way to celebrate at least two fools in this world.

## WHEN WE HAVE TO MAKE A DECISION...



Usually, we tend to go for the safe one. We brilliantly spot all the dangers and risks that could hurt us and automatically go for the best choice which is coated in comfort. But take a second to realize that the human experience is more than just survival. It is in big part about growth as well. Make that choice, just slightly more edgy than the obvious safe one.

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Hacker was invited for an interview to get a job, which was held in another faraway country and hosting a 100 candidates more. Given the situation, with no current job, not a great personal budget and unfavorable odds for being selected, it was crazy to do it. There were more rational ways of slowly saving up more, gaining more experience locally for the position. But the predictable path sounded really boring, so decided to take that chance and see it more as a costly adventure. A month after the interview the company responded with a positive offer.



## **WHEN WE FEEL PRESSURE...**



**When it feels like the burden of the world is on your shoulders. Take time to come back to the present and engage in an activity that you crave and know you will enjoy the most. Give it your full attention.**

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**Hacker was really focused and being productive during the quarantine days. There was a whole private program set up on how to self-improve given the circumstances of isolation at home. At some point, it started to take its toll, the activities started losing meaning and it was harder to keep up with the thought out plan. Decided to allow pause and sat down with some enjoyable music. Nothing else mattered at the moment.**



**WHEN WE FEEL THAT THINGS ARE NOT GOING OUR WAY...**



**There is a neutral position that is outside what we like and what we dislike. An objective perspective to see what is presented to us, instead of that struggling and stressed one, which is constantly trying to keep everything around us aligned to our thinking, our adopted beliefs.**

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**Hacker had a habit of ignoring people who seemed less likable or did not spark personal interest. Worse yet, created a kind of ‘personal gain from others’ filter that people were failing to pass. In a moment of neutral perspective, realized how many of them were seeking engagement but were left stranded with no response whatsoever. Started working on those pending responses and felt more love and connection than ever.**

**WHEN THE SUN IS BRIGHT...**



**The sun is a perfect representation of the fire element. We all have it within us. Take a chance to be in the sun and really appreciate it. It has a tremendous capability of ‘charging’ you.**

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**Hacker just took some fruit and stayed in the sunny balcony all afternoon to enjoy. Later went on a hill to watch the sunset. It was beautiful how wildlife in nature celebrated this event. Had never noticed that before.**

## WHEN WE GIVE ADVICE...



It is very tempting to be confident that our advice is the best thing for the receiving person. We think we see clearly what the solution is for the other. Share ideas, give inspiration, but the choice has to be made by the other on how to progress.

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Hacker was trying to show the light to a friend who was struggling with relationships. The answers seemed so obvious, but the more tried to convince, the more frustration and distance was coming from the friend. At some point decided to let the friend find the path, but was happy to be the support along the way.

## WHEN THE MIND IS RACING...



Observe the mind and its circular patterns. This in turn will create an effect of detachment from the stress. The light of awareness will make it cease with no additional effort.

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Hacker was planning a lot of things to do during the day. On top of that, was constantly thinking what more there is to do and what could be added to the agenda. Surprisingly was reminded by a friend to actually breathe. That made the perspective shift, to come out of the race.

## WHEN LIFE IS A STRUGGLE...



Take a moment to realize. It is the mind that is struggling to make itself important. If we think our mind is our life, then yes, we see struggle. But life is much more than the human mind.

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Hacker was not content with the current situation: epidemic lockdown, no job. The future was uncertain and it seemed like the road to make life good is tough. Looked up in to the sky and wondered 'does it really have to be that hard?' Could see the clouds, they were not struggling, though they were a part of this life too.



## WHEN WE FEEL WEAK...



Try to marvel at the majesty of the Universe and compare yourself with that power. The thought comes up that you are an insect to that grand cosmos. But if you look closely, there is a part of you that IS that power. Tap into it.

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Hacker was not feeling uplifted at all throughout the day. But some exercise and good music vibrations got the juices flowing. Suddenly could feel the massive force of life surging through the body.

## FINAL CHAPTER...



Have you ever tried to observe your thoughts? As if stepping back and looking from afar, not getting involved in them but just noticing how they come and go. And then in some time the inevitable question arises: who is watching the thoughts? Am I not the mind? Infinite possibilities open.

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Hacker had to take a leap. All the memories, all the personal goals – they suddenly seemed like a tiny dimension of this world. But what lies beyond that? Fear was creeping in while exploring further, everything had to be given up, all the beliefs and constructs that were imprinted within. Like a vision of diving of a cliff into total darkness. But after the black vale, a tremendous light came in. Awakening.

**HAPPINESS AND FULFILLMENT TO ALL BEINGS...**

